

TITLE: RESILIENT SKIPPING ROPE

BACKGROUND OF THE INVENTION

1. Field of the invention

The present invention relates to a resilient skipping rope. More particularly,
5 the present invention relates to a skipping rope and its rope is resilient.

2. Description of the related art

A convention skipping rope usually performs as a tool to let user jumping
with. Not to mention the gym equipment and workout machine are designed for
training the specified part of the body only.

10 My invention performs as an all-in-one equipment to let user workout at
any place and train any part of the body according users' demand.

SUMMARY OF THE INVENTION

My invention of the resilient skipping rope comprised of two handles and one rope.
Rope is made of powerful resilient material in order to let user work out the muscle and
15 bone in any part of the body. The rough surface of the handle causes the friction, and the
friction can let user hold the handle tighter.

BRIEF DESCRIPTION OF THE DRAWINGS

Figure 1 is a schematic view illustration of my invention.

Figure 2 is the first preferred embodiment of my invention, the regular way to use the
20 skipping rope.

Figure 3 is the second preferred embodiment of my invention. User can step on the
resilient rope and hold the handle with each hand to train the muscle and bone in the arm
while lifting the handle.

Figure 4 is the third preferred embodiment of my invention. User holds the handles
25 with one hand and holds the resilient rope with the other hand.

Figure 5 is the fourth preferred embodiment of my invention. The resilient skipping rope goes through the hole (2) fixed on the wall. User can stands still and hold these two handles with one hand to train the muscle and bone of the arm.

Figure 6 is the fifth preferred embodiment of my invention. The resilient skipping
5 rope goes through the hole. User can hold the handle with each hand to exercise.

DETAIL DESCRIPTION OF THE INVENTION

As shown on Figure 1, my invention, the resilient skipping rope (1), comprises of two handles (11) and one resilient rope (12). The resilient rope can offer powerful feed-back rebounding to the user while user extends or looses it, and the feed back rebound reaction
10 from the resilient rope gives user perfect training according the user demands. The handle is in the shape of round tube. The roughness of the surface of the handle guarantees the user can hold the handle tighter than the prior art.

My invention gives the user a all-in-one tool, and it is multifunction. As shown on Fig 2 to 6, with my invention, user can train any part of the body.

15 Not to mention, my invention can work as a regular skipping rope (shown on Figure 2)

By using my invention, user can enhance the strength of arm and leg if user trains that part muscle and bone (shown on figure 3). User steps on the resilient rope (12) and hold the handle with each hand, and extends and looses the resilient rope.

20 By using my invention, user can focus on training the chest while extending the loosing the resilient rope (shown on Figure 4).

By using my invention, user can train the shoulder and arm and chest (shown on Figure 5,6).

My invention discloses a character of distinct to prior art. User does not have to buy
25 many workout machine or gym equipment or body building equipment for specified